

Heuser Health's 20-Day Countdown to Spring 2016 - Nutrition CHALLENGE!

Small Daily Challenges to Fine-Tune your EATING!

<p>Fri Apr 8 Determine your Caloric Needs! http://www.fat2fittools.com/tools/bmr/</p> <p>The above link is a great tool. (If you do not know your body fat, then estimate it). This tool will tell you how many calories you need per day to maintain or reach your goal weight.</p>	<p>Sat Apr 9 http://heuserhealth.com/category/nutrition/recipes/</p> <p>Try one of the recipes posted above.</p> <p>Bonus Points: post which you tried on Heuser Facebook and how it was!</p>	<p>Sun Apr 10 Create (HEALTHY) plans or actual meals for every lunch this coming week (Mon-Fri). Not thinking ahead and planning your meals is a recipe for disaster!</p>	<p>Mon Apr 11 Log your Calories for the day in a food journal – creates awareness! Good internet options at: www.fitday.com or www.myfitnesspal.com</p>	<p>Tue Apr 12 Try a NEW fruit, one you have NEVER tried before! (*or, one you haven't tried in years if you've tried them all)</p> 
<p>Wed Apr 13</p>  <p>Try GRASS-FED meat or FREE-RANGE chicken/turkey. OR, try WILD fish today.</p> <p>MUCH HEALTHIER FOR YOU!</p>	<p>Thur Apr 14 Include lots of green Vegetables today! Try a new one if you can!</p> 	<p>Fri Apr 15 Drink ½ your weight in ounces of water (or more!) And do 50 Jumping Jacks!</p> 	<p>Sat Apr 16 Eat 0.60g of protein per pound of bodyweight</p> <p>Ex. 200LB = 120g of Protein 150LB = 90g of Protein</p> 	<p>Sun Apr 17 No bad SUGAR or STARCHES today: breads, rice, potatoes, starchy veggies, cereals, pasta, candies, juices, desserts</p> 
<p>Mon Apr 18 Write down the amount of calories for each: Med DQ Blizzard: Big Mac & Med. Fries: 12oz Margarita: Chick-Fil-A Grilled Chicken: 12oz Coke:</p>	<p>Tue Apr 19 Try a NEW recipe today, one you've never tried before! Doesn't matter how simple!</p> 	<p>Wed Apr 20 Reach a MINIMUM of 30g of FIBER today! And do 20 Burpees!!</p> 	<p>Thur Apr 21 Try one of the HEALTHY oils today with your meal prep.</p>  <p>Olive, Coconut or Avocado Oil!</p>	<p>Fri Apr 22 – Non-Nutrition Day LIMIT Social Media / Phone Surfing to 5 TOTAL MINUTES for the DAY! Can you do it?!</p> <p>Also, knock out 10 extra flights of stairs today!</p> 
<p>Sat Apr 23 Eat at least 2 servings of healthy fats today: avocado, mixed nuts, wild fish, organic eggs, etc. Good for the Heart and increases Fat-Loss!</p> 	<p>Sun Apr 24 Eat a minimum of 4 servings of Fruit and 4 servings of Vegetables TODAY.</p> 	<p>Mon Apr 25 Try a Meatless Monday – can you reach your protein requirements?</p> <p>MEATLESS monday</p>	<p>Tue Apr 26 Cave Man Day! - eat only things you could have eaten as a Caveman: Grass-fed meat, poultry, fruits, veggies, nuts/seeds, seafood, healthy fats -avoid dairy, grains, processed foods/sugars, legumes, starches, alcohol</p> 	<p>Wed Apr 27 Consider adding Fish Oil! Great for decreasing inflammation: heart disease, Alzheimers risk, triglycerides, depression, arthritis and more. Try 2-4 gels of Carlson Elite Omega 3 found at www.luckyvitamin.com</p> 

*complete all 20 days and win a Heuser gift!

*turn in your completed Calendar with your name on it by Fri Apr 29

*Honor system! ☺



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